

**Meeting Minutes**

Committee: School Wellness Advisory Council

Date: 05/12/26

Attendees: R Brown, E Dunham, A Hall, C Minihane, S Newhouse, M Palen, D Gauthier, J Buckland, J Sullivan

<b>Topic / Item</b>	<b>Discussion</b>	<b>Outcome</b>	<b>Action Plan</b>
Update on the School Committee Presentation on YRBS Data (Erin Dunham)	(1) Erin reviewed the slide presentation prepared by JSI for the School Committee meeting held on April 27, 2026.	(1) On initial review, some concerning data re: mental health issues with certain groups of students. (2) A Hall: provided valuable insight into the actual process of students taking the survey and possible explanations for the low number of completed surveys.	(1) At the first meeting in the Fall, will begin to look closer at the data especially related to mental health and determine next steps.
Updates from Director of Food Services (Mary Palen)	(1) The revised SC policy (School District Wellness Program ADF) had a second read on 05/13/26. Thank you to everyone who contributed to the revisions and especially Danielle Gauthier for all her work on the policy.  (2) Mary was selected as SNA of MA Director of the Year! She was acknowledged for her integral role in supporting and guiding the district's nutrition program.	(1) In the future, because a triennial assessment is required every 3 years, Committee will prioritize work on it earlier in the cycle.  (2) Congratulations Mary!!	

Progress Status on Implementation of DESE Revised Health and PE Curriculum (Jordan Buckland)

- (1) Jordan discussed where in the curriculum when sexual health is taught, especially grades 6-8 (contraception and STI's) and grade 9 (making good decisions/ healthy sexual relationships).
- (2) Jordan mentioned new elective at HS: "Emerging Trends" for school year 2026-7

**Emerging Trends in Community Health**

This course will explore current trends in all health-related areas including substance use, relationships, physical activity, and mental health. Students will analyze influences that affect their own health habits such as peers, media, and adults they are around. The class will incorporate discussions and debates, community health projects, and evaluating credible sources. By studying emerging trends in community health, students will be able to form educated decisions around personal habits.

- (1) Potential discussion for next year around condom availability at WHS

Board of Health Updates (Shelly Newhouse)

- (1) No outstanding issues currently in Wilmington impacting school health.

Possible Initiatives for School  
Year 2026-7 for Committee

(1) Will begin the school year looking closer at some of the YRBS and determine if there is an initiative for the Committee to explore

Farewell to Student Representative

(1) Appreciation and wishes were given to Allison Hall and she graduates and is headed to WPI. She was instrumental in many of our agenda topics, especially in the multiple discussions surrounding YRBS and student perspective and participation.